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PAGE 16

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Local student says pot use in school keeps him 'focused'

Drug dilemma.
Community leader calls for better policies to use substance in public

Smoking marijuana on school property would land most high schoolers in the principal's office, but Noah Kirkman is actually encouraged to head there and ingest the drug.

The 15-year-old Western Canada High School student is a licensed medicinal-marijuana user after finding the drug far more effective than prescription offerings for treating Tourette syndrome and attention deficit disorder.

"It doesn't have any withdrawal effects and I can't (overdose) on it," explained the confident student, who has aspirations of practising photojournalism one day. "It helps me keep calm, it helps me keep focused."

Kirkman received his licence in September and he and mother Lisa say they proactively approached Calgary Board of Education administrators to discuss terms on how the teen could ingest his medicine on school property.

At first, it was thought Noah could use his "one-hitter," which looks like a cigarette, out front of the school. But when it became too cold it was agreed he could pop by the vice-principal's office and use his marijuana vaporizer three times a day, before class, after class and over the lunch hour.

Noah's device is no bigger than a walkie-talkie, and he simply flicks a switch that heats his medicine to 186 C.

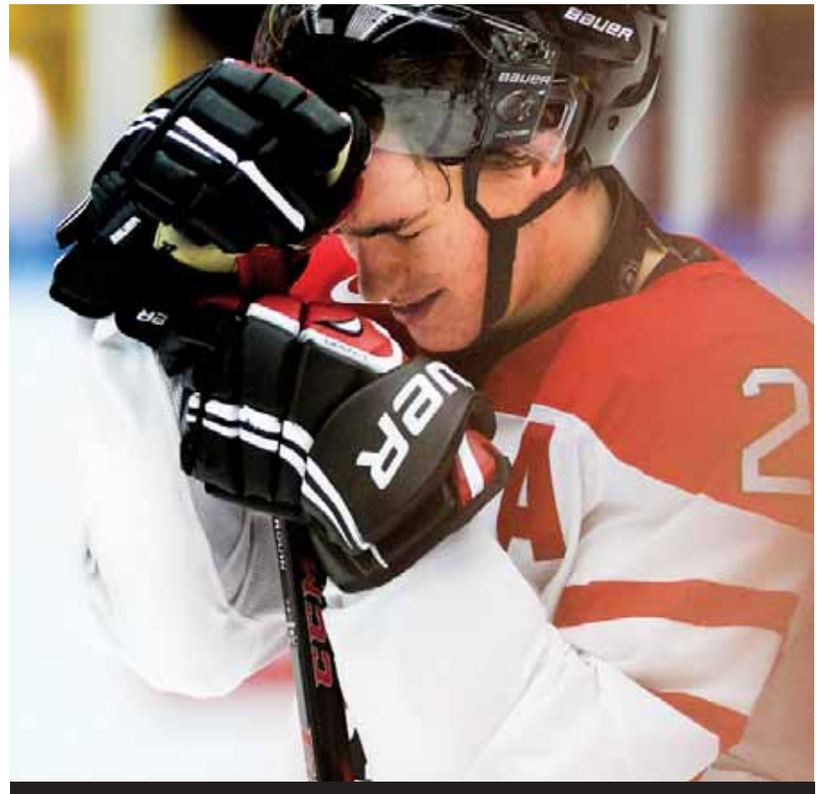
The CBE would not confirm the Kirkman family's account on the issue, citing privacy concerns, and said it doesn't have information to indicate whether other students have been granted similar concessions to use marijuana on school property. But Lisa and Noah were interviewed separately to determine whether their accounts check out and Metro was provided with proof of the youngster's medicinal-marijuana licence.

Lisa is also a licensed marijuana user and no stranger to generating headlines for her use of the drug. In 2011, she and three others likely made Canadian aviation history when they ingested marijuana using a vaporizer aboard a WestJet flight bound for Toronto.

A few weeks after Metro wrote a story about the group's so-called "vaping" at 30,000 feet, WestJet barred use of the device in-flight amid fears of the heat it generates.

But Keith Fagin, head of Calgary 420 Cannabis Community, who joined Kirkman on the flight and ingested marijuana alongside wife Debbie, said it's time for all public bodies to develop policies around allowing the drug to be used on their properties.

JEREMY NOLAIS/METRO



MISERY IN MALMO

Canadian forward Jonathan Drouin reacts after losing 2-1 to Russia in Sunday's bronze-medal game at the IIHF World Junior Hockey Championship in Malmo, Sweden. **Story, page 17.** THE CANADIAN PRESS

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Bell Let's Talk

Mars voyage still on Calgary resident's radar

First cut. International Mars One expedition whittles down 200,000 applicants; Edmontonian still in the running

DARREN KRAUSE
darren.krause@metronews.ca

Calgary resident Michael Thompson has been dreaming of space voyage since he was a young child watching episodes of the original Star Trek series with his dad.

Unfortunately, for now, that dream will have to be put on hold. Thompson didn't make the first cut of just over 1,000 shortlisted people for the potential Mars One expedition.

Mars One is a Dutch-driven reality venture to establish a human presence on Mars by 2023. They announced their first list of potential space travellers Dec. 30.

"I didn't expect it, but I'm sure as hell disappointed," Thompson told Metro.

Making another leap for mankind

"I don't understand why we haven't really done much (exploration) since the lunar landing."

Calgary resident Michael Thompson. Thompson said the technology is there to send people to Mars, so he doesn't grasp the apparent hesitation.

Thompson, a 29-year-old structural inspector, was among dozens of Canadians who comprised a pool of 200,000 initial candidates worldwide. Edmontonian Christy Foley was chosen, along with 34 other Canadians, to move to the next application stage.

This setback, however, hasn't discouraged Thompson from taking another kick at the red planet. A second Mars One application is slated for some time in 2014. The self-proclaimed "giant space nerd" says he'll be at the front of the line to apply again.

"I'll probably do it until I'm 35," Thompson said, noting the 10-year training time and two-year voyage as the reason for his personal cutoff age.

Thompson's passion for the Mars voyage comes from what he calls "a Christopher Columbus mentality."

"There's only so much of this planet to explore," he said, noting the perception of landing on Mars seems far-fetched to some.

"I'd like to help dispel the whole silliness about it."

For more information, visit mars-one.com.

Who says you can't have fun in the cold?

Jack Pelletier, 15, flies off his sled while tobogganing behind Ramsay School on Spiller Road on Sunday afternoon. CANDICE WARD/FOR METRO

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Rigorous analysis

Ward 4 councillor blasted for global warming tweet

Rookie Ward 4 councillor, Sean Chu, was lambasted on social media Sunday after a tweet Saturday afternoon that questioned "global warming alarmists" because of a recent spate of bitter winter cold.

"So quiet frm global warming alarmists about the ice stuck ship&yyc weather,it's deafening. Is it b/c the weather's been so freaking cold?" reads the tweet.

Chu's handle @seanchu-calgary was inundated with replies into Sunday night. Some messages of support were sent. Most weren't so pleasant. Even Mayor Naheed Nenshi entered the fray, with the understated "Wow." METRO

Sparky

Calgary Zoo baby hippos delivered stillborn

Twin baby hippos were delivered stillborn Saturday, according to the Calgary Zoo.

What made the situation surprising for keepers was the 26-year-old mom, Sparky, had been on birth control for the past number of years, and the resident male, Lobi, was sexually immature.

A necropsy later determined the pair were likely dead before delivery because their umbilical cords were wrapped around their necks.

Sparky's first calf, in 1991, was also stillborn.

This was her fourth pregnancy.

METRO

Twin hippos were delivered stillborn Saturday.

METRO FILE

Bank robbery

Police seek northwest thief

Police are looking for a man, mid-to-late 20s, 5'8, slim build wearing dark toque, sunglasses, a dark jacket and a scarf after a robbery at a bank on Brentwood Road NW on Jan. 4 just after 8 a.m. Anyone with information is asked to call 403-428-8787. METRO

Albertans brave the chill to prevent getting ill

Flu shots. Since Jan. 1, there have been 5 confirmed flu deaths in the province

LEAH GERMAIN
leah.germain@metronews.ca

Residents in Edmonton and Calgary braved long lines over the weekend to receive their flu shot after the province confirmed more than 965 cases of the disease in Alberta last week.

On Sunday, more than 1,414 doses of the influenza vaccine were administered at a special Alberta Health Services clinic at Northgate Mall in Edmonton.

According to Alberta's senior medical health officer Dr. Gerry Predy, the high demand for the vaccination is a positive sign, despite the fact that there have been five confirmed deaths due to the flu in Alberta since Jan. 1.

"People all of a sudden perceive more of a risk and I think that's what brought them forward," said Predy at Sunday's vaccination clinic in Edmonton. "Any way we can get them vaccinated is good."

While the shot has been available to Albertans since October, Predy noted AHS has witnessed a surge in the number of people looking for the shot over the Christmas break.

"This year, because of the demand, we have put these special clinics up," he said, noting one held in Calgary on Saturday and another open in Edmonton on Sunday.

AHS is estimating that to date, approximately 900,000 Albertans have been immunized.

"We've put a lot of vaccines in a lot of arms," Predy added. "People are coming because they're very afraid. The vaccine will protect them and there are other things they can do."

Edmonton parent Azelda Payne said she would have vaccinated her two children earlier if she could have, but they kept falling ill.

"(My daughter) has asthma, so when she gets sick, she gets really sick," Payne said. "I wanted to prevent that.

"School starts (Monday) so we might not have another chance to do it," she added.

More clinics will be open throughout the province this week. For more information, visit www.albertahealthservices.ca.

Immunized

900K

The number of Albertans AHS is estimating have been immunized thus far

Alberta's senior medical officer of health, Dr. Gerry Predy, seen here in a file photo, said they've given thousands of flu shots over the past couple weeks. METRO FILE

Samantha Urias, supervisor at the Calgary Drop-In & Rehab Centre, passes out a frostbite kit to Bernie outside of the centre on Sunday.

CANDICE WARD/FOR METRO

Homeless find winter warmth at Calgary Drop-In & Rehab

"At capacity" is a phrase that the Calgary Drop-In & Rehab Centre seems to ignore when temperatures dip below the –10 C mark.

With the recent deep-freeze temperatures rolling into Calgary, the drop-in centre is more than happy to roll out as many extra beds as they can to ensure no one is left out in the cold.

"I'm so happy that people are coming in every night to get the help that they deserve," said Jordan Hamilton, manager of external relations at the Calgary Drop-In & Rehab Centre.

Hamilton said the centre runs at capacity (1,200 people) every night, but during colder nights, they sleep up to almost 1,300 people.

"We will make room where we can," said Hamilton.

"It can be life saving."

While the centre doesn't actively seek out those in need, they do encourage Calgarians to call the DOAP (Downtown Outreach Addictions Partnership) Team or 911.

Quoted

"It can be life saving."

Jordan Hamilton, manager of external relations at the Calgary Drop-In & Rehab Centre

Bernie, who is a frequent visitor of the drop-in centre, said the idea of having Calgarians report those in need may not be the best solution to the problem.

"Sometimes, they don't get to us soon enough," she said.

While she knows when it's time to seek the warmth of the centre, she said she has known others who have not made it in time.

CANDICE WARD/FOR METRO

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Alberta, B.C. consider moving bitumen by rail as pipeline alternative

Task force report.
Environmental group calls idea 'underhanded,' says it raises safety questions in light of recent train accidents

A task force report has been handed in to the British Columbia and Alberta governments that examines the idea of transporting oilsands crude via rail if proposed pipelines don't get the green light, government documents show.

It's an idea the environmental group ForestEthics calls "underhanded."

It's a "backdoor way for industry to bring tankers to the coast without the same sort of public oversight or public process that we've had around the Enbridge pipeline or would have around the Kinder Morgan pipeline," said Ben West, campaign director for ForestEthics.

A joint provincial working group was announced by premiers Christy Clark and Alison Redford in July to develop recommendations related to energy exports and the opening of new export markets for products like bitumen for the two provinces, including pipeline and rail transport.

Details

The task force is led by Steve Carr, deputy minister of natural gas development in B.C., and Grant Sprague, deputy minister of Energy in Alberta.

"Rail can be considered a viable alternative to pipeline movement based on costs of transport," the terms of reference for the group states. "If pipelines are not developed, rail will step into the void to deliver bitumen to the West Coast."

West said the report raises safety questions, especially in light of two recent high-profile train accidents.

Oil transport by rail has become a contentious topic after a train containing crude oil derailed and exploded in Lac-Mégantic, Que., in July, killing 47 people, and another train exploded without injuries last month in North Dakota.

"Myself and other people were pretty freaked out about what happened there," West said of the two fiery blasts.

THE CANADIAN PRESS

Bracing for the 'polar vortex'

A person struggles to cross a street in blowing and falling snow Sunday in St. Louis. While much of Canada was in a deep freeze, snow-covered roads, high winds and ice were creating dangerous driving conditions from the Midwest to the Northeast U.S. on Sunday ahead of a "polar vortex" — a counterclockwise-rotating pool of cold, dense air that is set to affect more than half of the continental U.S. throughout Sunday and into Monday and Tuesday, with wind chill warnings stretching from Montana to Alabama. JEFF ROBERSON/THE ASSOCIATED PRESS

Environment

More boreal forest protected, but challenges remain: Group

Canada has made significant strides in protecting the vast boreal forest that stretches across most of its provinces and territories, but the world's largest intact forest ecosystem still faces threats, says an environmental group.

THE CANADIAN PRESS

New Brunswick

Officials grappled with unsterilized-forceps disclosure

Officials at New Brunswick's largest health authority deliberated for three months whether to inform the public about unsterilized biopsy forceps before finally releasing the information and advising patients to get tested for hepatitis and HIV last year.

THE CANADIAN PRESS

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Military to retire old Sea King helicopters

Cyclone manufacturer Sikorsky. Contract negotiations should be concluded by March: Public Works

The federal government has decided not to scrap its troubled purchase of CH-148 Cyclone helicopters.

Instead, Ottawa will go ahead with its plan to acquire the maritime choppers to replace the decades-old CH-124 Sea Kings, which it will start retiring next year.

The plan to replace the 50-year-old Sea Kings — which fly from the decks of Canadian warships — is years behind schedule, millions over its original price and is apparently beset with technical glitches.

Last year, the Public Works Department indicated it was looking at other aircraft because Cyclone manufacturer Sikorsky had delivered just four test aircraft, which National Defence has refused to formally accept.

Public Works had previously asked for an independent analysis of whether Sikorsky could deliver what it promised. The government says that report found that the program to replace the Sea Kings "would be viable with a different project structure and governance model."

A news release issued late on Friday afternoon says the air force will have fully capable Cyclone helicopters by 2018.

Public Works Minister Diane Finley said Sikorsky has agreed to deliver the new helicopters without any additional cost to the federal government. THE CANADIAN PRESS

Canadian soldiers board a Sea King helicopter as they participate in advanced amphibious training from the Shearwater Jetty in Halifax in July 2013. ANDREW VAUGHAN/THE CANADIAN PRESS

Canadian set for two weeks on Mars 'camp'

Elizabeth Howell is seen in this photo taken on Saturday, en route to the Mars Desert Research Station near Hanksville, Utah. CONTRIBUTED

An Ottawa woman is living like a Martian for the next two weeks in a Utah desert research facility designed to simulate life on the red planet.

Elizabeth Howell, a Carleton University graduate and aerospace science PhD student in North Dakota, joins a six-member crew in the Mars Desert Research Station near Hanksville, Utah. One crew member is from France and four are from the U.S.

The MDRS is a two-floor, 1,200 square foot facility, equipped with bathrooms, bedrooms and ladders to access a common area. Unable to speak by phone Sunday, she wrote in an email to Metro that her living arrangement is like staying at a cabin, but with a space twist.

"It's powered by generators, we have limited running water, and we leave the habitat in groups of at least two for safety reasons," wrote Howell. "The twist is that once we enter the simulation, we generally only wear spacesuits while we're outside. That's because on Mars, you would need a spacesuit to survive."

Howell was selected to participate in the program run by the not-for-profit group The Mars Society until Jan. 20. She is also a freelance journalist for several science publications.

She will act as an observer and document her journey for Space.com as well as gather information for the crew's experiments.

While she said she believes humans will one day inhabit Mars, she's not interested in being one of them if it means there's no return flight home.

Christy Foley, a 32-year-old Edmonton woman, is one of the latest to make the short list for a one-way trip to Mars in 2024 through The Mars One Project, developed by Dutch space entrepreneur Bas Landorp.

Howell is also tweeting about her experience at twitter.com/howellspace.

JOE LOFARO/METRO IN OTTAWA

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‘Click farms’ sow social media buzz

Click, click, click.
Making it look like you’ve won friends and influenced people has become big business

‘Click farms’ inflate social media numbers. STEPHEN LAM/GETTY IMAGES

Celebrities, businesses and even the U.S. State Department have bought bogus Facebook likes, Twitter followers or YouTube viewers from offshore “click farms,” where workers tap, tap, tap the thumbs up button, view videos or retweet comments to inflate social media numbers.

Since Facebook launched almost 10 years ago, users have sought to expand their social networks for financial gain, winning friends, bragging rights and professional clout. And social media companies cite the levels of engagement to tout their value.

But an Associated Press examination has found a growing global marketplace for fake clicks, which tech companies struggle to police. Online records, industry studies and interviews show companies are capitalizing on the opportunity to make millions of dollars by duping social media.

For as little as a half cent each click, websites hawk everything from LinkedIn connections to make members appear more employable to Soundcloud plays to influence record label interest.

THE ASSOCIATED PRESS

Five ‘click farm’ facts

1. A click farm is a business that sells clicks for fans, likes, followers, views and more.
2. People buy clicks to boost their social media numbers, which can lead to profits and popularity.
3. Buying and selling clicks violates social media user rules but is not regulated by U.S. state or federal agencies.
4. Click farm revenues are estimated to be worth hundreds of millions.
5. Sellers offer clicks for Facebook, Twitter, LinkedIn, Instagram, Pinterest, SoundCloud, YouTube, Vimeo and more.

Trend. Wearable gadgets set to take centre stage at Las Vegas tech show

Will 2014 be remembered as the year wearable computing took off?

Upstart entrepreneurs and major manufacturers such as Samsung, Qualcomm and Sony certainly hope so.

Gadgets that you snap, buckle or fasten to your body are already marketed to fitness freaks obsessed with tracking every possible metric their bodies produce. There are countless smartwatches for tech nerds who’d rather glance at their wrists to check messages than reach for their smartphones. And thousands of people are already seeing the world differently with the help of the Internet-connected eyewear, Google Glass.

Technology companies will stretch the wearable concept further this week in Las Vegas at the International CES event, the industry’s annual trade show. THE ASSOCIATED PRESS

Attendees wear Google Glass while posing for a group photo during the Google I/O developer conference in May in San Francisco. JUSTIN SULLIVAN/GETTY IMAGES

Tokyo auction

Bluefin tuna prices nosedive

Sushi restaurateur Kiyoshi Kimura poses with a 230-kilogram bluefin tuna. THE ASSOCIATED PRESS

Sushi restaurateur Kiyoshi Kimura paid 7.36 million yen (about $70,000 US) for a 230-kilogram bluefin tuna in the year’s celebratory first auction at Tokyo’s Tsukiji market on Sunday, just 5 per cent of what he paid a year earlier despite signs that the species is in serious decline.

Environmentalists say growing worldwide consumption of bluefin tuna is leading to its depletion, and that those in charge of managing fisheries for the species are failing to take responsible action to protect it. THE ASSOCIATED PRESS

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THE KIDS WILL BE ALRIGHT

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

Picking a school for your kids in Calgary is kind of like picking a restaurant for dinner.

There are countless options. Which do you prefer? French or Spanish? German? Chinese? Maybe Italian? Public or Catholic? Arts-focused or science-focused?

In Calgary, it's all available. Take your pick! Students are bused throughout the city not just because some communities have schools and others don't, but because families' preferred schools are not always nearby.

This dizzying buffet of choice is a reminder of how fortunate we are in Calgary. By living in an affluent city, families have access to a range of educational opportunities that are unavailable in many parts of the world.

That said, the dizzying array of choice can be overwhelming. It can also have competitive undertones, depending on how you approach it.

My partner and I experienced this recently while registering our daughter for kindergarten. We had always talked about sending her to the local public school to minimize needless commuting and stay connected in our neighbourhood (dubious school rankings be damned!).

But it quickly got more complicated.

My partner and I both work full-time. At our nearest school, kindergarten is mornings only. Now what?

As we looked into options, it was tempting to overthink our choice, measuring it against the choices of other parents.

Not far from us is a popular science school for students throughout the city. Should we get onto that waiting list? What about full-day French immersion at a school a few kilometres away? A Catholic school in walking distance, even though we are not Catholic?

And this nagging question: If we make the wrong choice, will our kid fall behind others who attend better schools? You can't help but think about that when faced with so many choices.

At the Catholic school, the principal gave us a tour and delivered a fine sales pitch about the strong community aspect of her school. They would love to have us be part of it, she said.

It struck me as a little bizarre, this act of marketing that verged on pleading, but I realized it was completely understandable given the context. Out the window, I could see the science school that siphons kids away from this one.

In the end, the close location and full-day element of the Catholic school sold us.

The end result in our neighbourhood is both humorous and a little disappointing. We liked our community partly because we imagined that the neighbour kids and our kids would grow up together, going from tiny tots to kindergarten and beyond with each other.

In reality, the kids who played together as toddlers are going every which way for school, due to a combination of family circumstance, school location, cultural heritage and parental choice.

Despite our dashed expectations, I'm sure the kids will be just fine.

ZOOM

Here fishy, fishy, fishy

CHUNG SUNG-JUN/GETTY IMAGES

South Korean festival gets off to icy start

A child casts a line through a hole into a frozen river during an ice fishing competition at the Hwacheon Sancheoneo Ice Festival over the weekend in Hwacheon-gun, South Korea.

The annual event attracts thousands of visitors and features a mountain trout ice fishing competition in which participants compete with traditional lures or with bare hands.

The festival is a big deal for the country. It was recently selected as one of the representative festivals by the South Korean government and CNN declared it one of the seven winter wonders in 2011.

GETTY IMAGES

Running through Jan. 26

- The exhibits include the Ice Sculpture Park, Michelangelo Special Exhibition and the 3D Digital Gallery.
- In addition to ice fishing, there is also sleigh riding, sledding and a daily ice show.

An angler's catch of the day.
GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

CONTRIBUTED

Bandcamp is an online store that allows music fans to purchase albums directly from the artist, often allowing purchasers to name their price. But wait! There's more! You can also preview albums in their entirety before buying. It's a can't-miss proposition, so swing by and check out these Canadian artists.

The Royal Streets:

Relentlessly pleasant acoustic pop music, buoyed by plenty of cooing and a classic rock flavour. It's the type of music you'll often come across in coffee shops, complete with the gentle, raspy voice and quiet crash cymbals. Sunday morning music, in other words. (theroyalstreets.bandcamp.com)

Sean Nicholas Savage:

There's a staggering amount of music on this Montreal musician's page, and it's hard to find a "skippable" song in the bunch. Sunny pop, piano ballads, moody electro — it's all here. A prolific writer and a busy tourer, there's a good chance he'll be in your town some time this year. (seannicholassavage.bandcamp.com)

Jonathan Atkins:

A singer-songwriter with a devastating ear for harmonies and a delicate touch with lyrics that slide perfectly into a horrid winter. There's a definite Celtic touch, but far sweeter than something like Mumford and Sons. (jonathanatkins.bandcamp.com)

Twitter

@metropicks asked: Hey travellers! Don't tip if you're at a Miami Beach eatery. Restaurants/bars automatically add 15 per cent gratuity. Should they?

@novascotiarasta: Considering low-paid servers, be fair, add it upfront. Don't have them work (or not work) for tips.

@mcmounce: Gratuity inclusion should be clearly advertised but isn't as well as tourists exemption from sales tax

@RMichaelRoberts: automatic tip only if servers inform and remind customers that Tip is already applied and no further tip required

@tiikerikani: The food isn't worth the price at all, tip or not

@bhofley: Don't think so. Removes any incentive for them to provide good service.

@Lowpass: they do cause snowbirds are notoriously bad tippers and wait staff make like $7.80/hr in florida. 15% is minimum.

Follow @metropicks and take part in our daily poll.

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metro

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Ebooks

Guillermo del Toro's Cabinet of Curiosities

By. Guillermo del Toro & Marc Zicree

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

While making movies, Guillermo del Toro (Pan's Labyrinth, Pacific Rim) keeps imaginatively illustrated journals. Select pages are used here for a fascinating discussion about his influences and obsessions, with contributions by James Cameron, Tom Cruise and Alfonso Cuarón. Thankfully, you can double-tap and zoom to explore their worlds in intimate detail.

Box office

Disney freezes out demons

On a wintery weekend, Disney's Frozen retook the box-office top spot with $20.7 million US, freezing out the horror spinoff Paranormal Activity: The Marked Ones. According to studio estimates Sunday, Paramount's The Marked Ones debuted in second place with $18.2 million US, a total that includes Thursday night screenings.

THE ASSOCIATED PRESS

Emile Hirsch, right, had to prove he belonged among the brave and brawny to land his role in Lone Survivor, which opens Friday. CONTRIBUTED

How Hirsch got huge

Lone Survivor. Actor was told he didn't have the 'physicality' to play a SEAL — cue to Rocky theme song

MATT PRIGGE
Metro World News in New York

Emile Hirsch isn't a ripped type, like his Lone Survivor castmates Mark Wahlberg and Taylor Kitsch. Yet he plays a SEAL in the adaptation of Marcus Luttrell's book, which details a mission gone disastrously awry when a quartet of soldiers went to capture or kill a Taliban leader in 2005 and wound up ambushed, fighting for their lives. Hirsch, who plays soldier Danny Dietz, says it was intensely difficult — which is exactly what he wanted.

What drew you to playing a SEAL?
A lot of people when they think of Navy SEALs, they think of this G.I. Joe type. When I read the book, I realized that's not who Danny Dietz was. He was someone I could really relate to. He was an artist. He was a great drawer. He was a quiet, serious person who was soft-spoken. But when that switch flipped he was all business.

The film isn't particularly jingoistic, but it also doesn't get into the question of whether war is just or not.
It's not a political movie. It's not a movie that dabbled in, "Should we be there?" It's on a smaller scale. It's about representing the type of person or the type of courage it takes to be one of these soldiers.

Was it difficult convincing Peter Berg to cast you as one of the toughest kinds of soldiers?
Peter Berg flat-out said to me when I first tried to get the part, "You don't have the physicality. No offence, man." I just wanted to be in the movie so badly. I didn't take no for an answer. I kept on emailing him and calling him and texting him and writing him letters. Eventually he sent me this text that just read, "Show up at Gold's early tomorrow." I wrote him back and said, "Early? What time?" No response. So I realized, "OK, this is a test." I woke up at 3:30, and I went to Gold's in Venice Beach and waited there for them to come and unlock it. The guy came at 6 to open it up. He was like, "Alright, man, come back here at 8:30, Peter will be here." So I went and took a nap at my buddy's apartment.

I went back, I just followed Peter, who was working out like a beast with a trainer. At the end of the day, Pete took me aside and was like, "How badly do you want to be in this movie?" I was like, "Really f—ing bad." He was like, "How hard do you want to work?" I said, "I'll be here every day." He said, "Alright, that's what you're going to do, six days a week." I asked if he was giving me the part. He said, "No." So I trained six days a week for hours and hours a day. It was three months before they gave me the part. They were trying to simulate an environment that would make me want to quit. I never did.

How was getting out of shape after the movie wrapped? Did your body just rebel against you?
It sucked. I tried to keep lifting and keep training. I couldn't keep my body at the same level, because you'd have to train four or five hours a day. It was a withdrawal. All of a sudden you're back to this unstructured life.

SCENE

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Lutz gets it on: Cyrus wrapped around Twilight star at end of 2013

Miley Cyrus is apparently starting the New Year with a new man in her life, having been spotted getting frisky with Twilight star Kellan Lutz at a Las Vegas nightclub just before New Year's Eve, according to E! News. "They were making out and didn't seem to care who was watching. It wasn't a secret that they were together," a source says. "She kept grabbing him throughout the night. You can tell he was into her, but at times he looked like he was uncomfortable with all the attention they were getting at the club."

Twitter

@ElizabethHurley
About to go on a 8km toboggan ride. Help....

@mindykaling
You know it's time to put away your phone when you're like: hm, what's the worst thing I could tweet that would end my career irrevocably?

@SarahKSilverman
On my tombstone I just want it to say, "I'm cold"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay and Bey's sex-toy bill will take your breath away

STARGAZING
Malene Arpe
scene@metronews.ca

Happy New Year…

According to a report, Beyoncé and Jay Z spent $6,000 on sex toys. Perhaps someone should explain to them that there's absolutely no need for anything to be gold-plated.

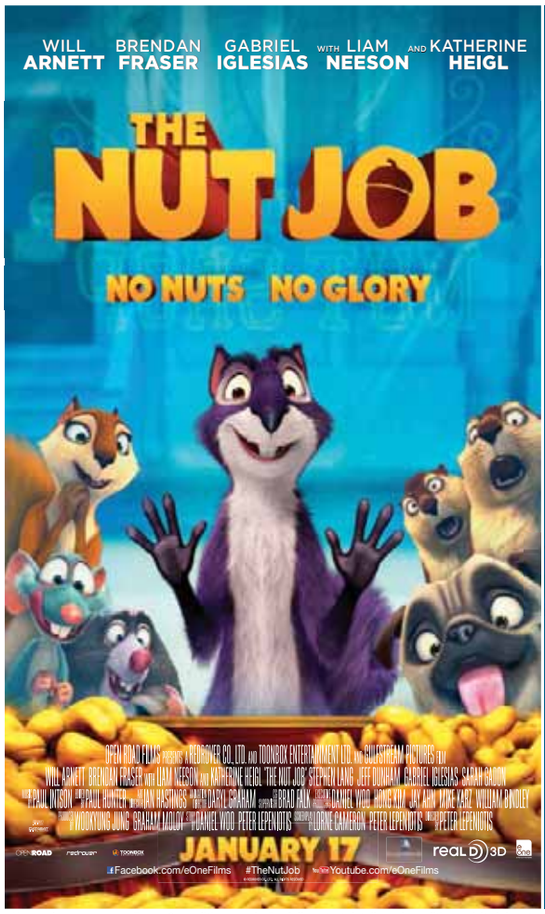
Lily Allen refers to fellow pop stars as "a bunch of sterile bleeping Botoxed idiots that stank of desperation." She later apologizes and clarifies that, "I have no way of knowing whether it was Botox or Restylane."

Prince William will be attending Cambridge University to study agricultural management. Meanwhile, Prince Harry, following up on his trek to the South Pole, plans to have himself shot out of a cannon, work the rodeo and, in general, be 300 times cooler than his brother.

Kate Winslet. ALL IMAGES GETTY

Winslet can't Bear the thought of her new son being a Rocknroll-er

Kate Winslet confirms that her first child with husband Ned Rocknroll, son Bear born last month, has her last name instead of his. "Of course we're not going to call it Rocknroll," she tells the U.K. edition of Glamour. "We haven't really had that conversation. It was always going to have my name." But lest we think Winslet has been bowing to outside pressure, rest assured the actress doesn't care what other people think. "People might judge all they like, but I'm a f—ing grown-up," Winslet says.



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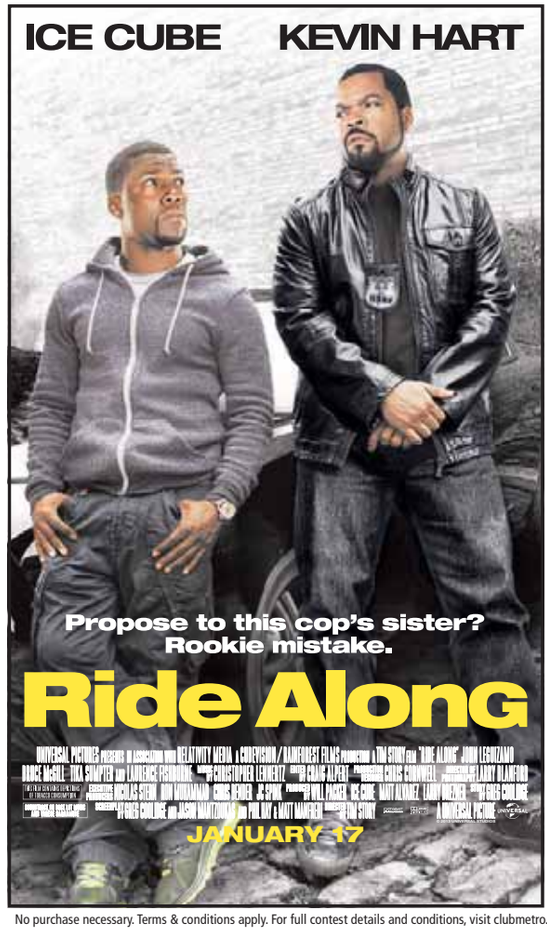

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Safety Steps

Taking children into crowded venues

Taking young children into busy and crowded venues can often make even the most confident parents feel slightly nervous. Here are three easy and effective tips to ensure safety in crowds.

- Slip your business card in your children's pockets.
- With a marker, write your cell number on the back of your children's hand.
- For up-to-date ID purposes, take a photo of each of your children with your phone. Should you become separated from a child, it will be much easier for you to be reconnected. EVELYN HANNON, YUMMYMUMMYCLUB.CA

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Don't clip tooth fairy's wings

Timing. A mom explains why she, and her daughter, aren't ready for the truth about that tiny fairy who leaves money in return for teeth lost by kids

SIDURA LUDWIG
YummyMummyClub.ca

Your kids will give you cues when they're ready to hear the truth about the tooth fairy truth. ISTOCK

The other day, I lied to my daughter.

Every once in a while, she likes to go on this website called therealtoothfairies.com. She has a favourite tooth fairy, Avalane, and has been known to write her letters. At night, I take the letters out from under her pillow and put back a note, usually written in cursive so she won't recognize my handwriting.

I have mixed feelings about our scenario.

I don't like that she's found a website that basically dictates to her how she should imagine the tooth fairy. The website also charges to upgrade to different activities, which she knows I flat out refuse to allow her to do.

Does the tooth fairy really need to be more commercial than the toonie she gets under her pillow when she loses a tooth?

However, I have no problem in general with the concept for a tooth fairy. And let's face it: realizing that the tooth fairy is just your parents is one of those rites-of-passage into older childhood. She's six. I want her to stay young for as long as she can.

Recently, after fiddling around on her favourite website and printing out a copy of her latest letter, she said to me, "Mommy, is it really just you sending me the letters?"

Usually I parent by the philosophy, "If they're old enough to ask, they're old enough to know."

So, at first I said "Yes."

And then I saw her face. She was frozen. Her mouth did not turn up into that "I knew it!" smile.

She looked like she was willing herself not to process my words. Her eyes searched mine. She said it again, "No really, mommy. Is it you sending me the letters?"

And then I got it. She wasn't ready yet. And she was giving me a way out.

So I lied: "I'm the one who passes your letters onto the tooth fairy and makes sure they get there."

That's when she smiled. "Oh! OK. Because everyone at school says there's no such thing as the tooth fairy — that it's just your parents.

"I tell them, 'No! My parents don't have wings! My mother's name isn't Avalane!'"

And she ran off to put her latest letter under her pillow.

I think she knows her time will come when she won't believe this anymore.

I remember the night her older brother came downstairs and said, "It's just you guys, right?" He had the "I knew it!" smile.

I think she might even know this is a game she and I play together, that as soon as she admits to knowing, the game will stop.

Recently, she woke me early to decode the cursive in the letter she found under her pillow. Avalane told her she can't wait until her current wiggly tooth falls out, and that believing is something you feel in your heart (thank you, classic Disney).

She took the letter back from me, held it against her chest and then skipped off with that smile.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD

Pregnancy: It's not all about swollen ankles

In pregnancy, there's lots to complain about: nausea, back pain, high blood pressure, low blood pressure, swollen ankles, swollen feet, swollen everything, weight gain, constipation, random hairs, pubic-bone pain, vagina pain, breast pain, everything-on-your-body pain, sleeplessness, nightmares, night sweats; the list goes on. But there are also perks!

There is stuff you can't do
Trust me, this can be a good thing. "I'm sorry, I'd love to change the cat litter, but I guess that's off my to-do list for the next 40 weeks." Or, "Yikes, I'd love to clean the toilet but I probably shouldn't expose myself to harsh chemicals."

Your boobs look great
The rest of your body might feel crappy, but these new buoyant breasts are a fun perk, even if they're too tender for your significant other to touch. They look great, so enjoy them.

You call the shots
No matter what, you win because you're growing a human and nothing can trump that. Your significant other says, "I had such a bad day at work." You can reply: "Yeah, me too. Plus, it felt like someone was carving hieroglyphics into my cervix with an ice pick. Did I mention I'm growing a human? Do you mind getting dinner started?"

Random rage is justified
This is pretty self explanatory.

You can end unwanted conversations quickly
If you're in the middle of a boring conversation, you can excuse yourself with lines like, "Sorry, I just got kicked in the bladder. There is a very good chance I might pee myself if I don't go to the bathroom immediately."

You're growing a human
At the end of the day, this is what it comes down to, right? I mean, how freaky and sci-fi cool is it that you're growing a human being inside of you? Fingernails are developing, brain cells, lung fibres, bones, a heart, eyelashes... Blows. My. Mind.

Back pains aside, you're growing a life. How amazing! ISTOCK

JEN WARMAN, YUMMYMUMMYCLUB.CA

ELLE 3

Flash food. Flank Steak with Shiitake Mushrooms & Hoisin Sauce

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

One of my favourite dinners for the family is a lean sliced steak with a tasty sauce and a salad to start your meal.

You can enjoy meat at least twice a week and still eat healthy — providing you're eating the right cut of beef. My go-to steak is flank since it's tender, lean and quick cooking. Consider that six ounces of flank steak has only five grams of saturated fat compared to a rib steak that has 14 grams.

There's a lot more artery clogging fat when you indulge in the fattier cut.

If you have the time, you can tenderize the flank steak by marinating in a light bottled salad dressing or any oil and acidic ingredient such as balsamic vinegar or lemon juice. Add some herbs and spices of your choice. The steak will always be more tender if you can marinate it in the morning or the night before.

If you don't have sweet rice vinegar or mirin, you can use regular rice vinegar and add one tablespoon of sugar and heat gently to dissolve. Chinese five-spice powder is available in the dried herb section of your supermarket. It's a combination of cinnamon, star anise, cloves, pepper and fennel. If you don't have shiitake mushrooms, feel free to use another mushroom of your choice such as button, oyster or brown, being sure to cook the mushrooms until all the moisture evaporates.

I love my steaks served medium rare, which is about 130 F. Use a meat thermometer to test the doneness. Remember that the steak continues cooking for about 10 minutes after you remove it from the heat, so don't overcook it.

If you want a grain alongside the steak, try brown rice or soba or rice noodles.

Nutritional information

Per serving: 429 calories; 21.4 g carbohydrates; 4.7 g fibre; 41 g protein; 18 g total fat; 6.6 g saturated fat; 111 mg cholesterol; 680 mg sodium

Directions

1. Combine mirin, five-spice powder, hoisin, sesame seeds, vinegar, soy sauce and sesame oil. Pour 1/4 cup of the sauce over the flank steak, letting it marinate while you cook the mushrooms.

2. In a large skillet sprayed with vegetable oil, sauté mushrooms 12 minutes or until tender. Add another 1/4 cup of the sauce and cook one minute.

3. In a grill pan sprayed with vegetable oil, grill steak on medium-high heat 8 minutes per side or until done to your preference. Let sit 10 minutes.

4. Slice steak against grain into thin slices, scatter the whole mushrooms overtop, garnish with the green onions. Serve with the remaining sauce. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Mushroom Hoisin Sauce
- 1/3 cup sweet rice wine vinegar or mirin
- 1 1/2 tsp Chinese five-spice powder
- 1/3 cup hoisin sauce
- 2 tbsp toasted sesame seeds
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 2 tbsp sesame oil

- 1 lb whole shiitake mushrooms, cleaned with stem removed
- 2 green onions, sliced for garnish
- 1 1/2 lb flank steak

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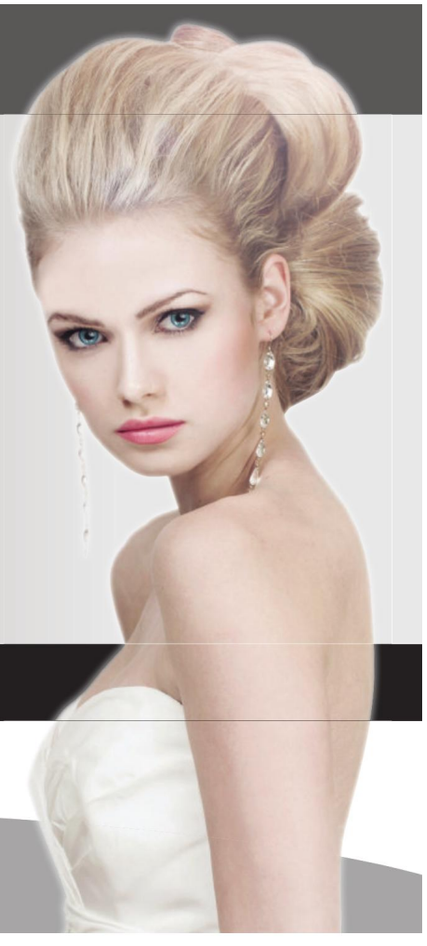

Skills that will lead to success in 2014

Have you got the goods? The common abilities every future employee should covet this coming year

SHAHEERAH KAYANI
TalentEgg.ca

Don't let your resumé get too long-winded. Keep it simple and skill-focused. ISTOCK

Many employers look for a common set of skills and want to see proof that you have these skills.

Always study the job description carefully and note the specific skills required. This lets you know exactly what the employer will be looking for in your resumé and application.

Trying to match an employer's expectations can be daunting, but you've likely developed these skills through past work experience or volunteering.

Here's a quick guide to the most common skills employers look for and examples of how to showcase these skills on your resumé:

Communication
This is a skill every employer values. Communication includes three different categories: verbal, listening, and written.

You will need communication skills in order to listen effectively to your boss, co-workers or clients; communicate and facilitate discussions effectively with your team; prepare and deliver presentations; write work reports and more.

Sample point showcasing this skill: Excellent communication skills developed through experience in retail, customer service, telemarketing, front desk reception, journalism and so on.

Computer skills
Most jobs require you to have a basic understanding of computer programs such as Excel and Microsoft Office, as well as skills in Internet navigation, social media sites and email systems.

Sample point showcasing this skill: Proficient computer literacy proven through work experience in front-desk IT, software programming and applications, spreadsheet tabulations, social media coordination, etc.

Research skills
This skill refers to your ability to think critically, analyze situations from multiple viewpoints and research matters to define key issues.

Sample point showcasing this skill: Highly critical thinker with effective researching skills proven through work experience in or as a research assistant, resource developer, conflict resolution, project management, etc.

Leadership
Employers seek those who have the ability to lead, motivate and stimulate others to achieve goals and inspire change. Even if you aren't applying for a position in management, most employers prefer to hire team members who can manage a team if the need arises.
Sample point showcasing this skill: Exceptional leadership skills developed through experience in club or school government, tutoring, student mentorship or leadership, personal coaching or training, etc.

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'Round the world wisdom

Don't let your stuff weigh you down

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Too much stuff to settle into your business? Let go of the little things. ISTOCK

The Gobi race is unaided and participants are required to carry their own backpacks including clothing, sleeping, medical and survival gear as well as food for a week. Then, you have to run the race with your pack on your back.

As a result, first timers spend a large amount of time weighing their food in order to carry the least amount of weight for the greatest energy output. What I noticed was that the more the participants believed they were efficient at choosing their food, the more they added, just in case. In effect, if you thought you were a good packer, then you just brought out more stuff!

I was advised prior to the race that many first timers made the mistake of over-packing and in fact would throw out their food once they grew fatigued and realized they no longer could carry the weight. Racers would spend more time thinking about packing "enough" than checking if their shoulders and back were strong enough to carry it.

Not only did my coach suggest I travel light, he advised me to under-pack. "If you're in trouble, others will give you their food, happy to lighten their load," he said.

We tend to overestimate what we need, both in life and when running a desert. And when you realize that you carry your life's essentials and your baggage on your back, it becomes easier to shed it.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Fire escape: So you've been canned, now what's your plan?

Get to the bottom of your boot. What to do after you've been terminated from your job

PARISA NIKFARJAM
TalentEgg.ca

Getting let go from any job is tough and in many cases, embarrassing, but that shouldn't dissuade you from assessing your termination and ensuring that it accords with applicable laws. ISTOCK

When you're just getting your foot in the door, the hardest thing to contemplate is being fired.

Knowing your rights and obligations during an otherwise uncertain and difficult time will help when transitioning from one job to another.

The following is a snapshot of some of the issues for you to be aware when you've lost your job:

Is the termination lawful?

While it is the employer's prerogative to dismiss employees at any time (by either having cause or providing notice or payment in lieu of notice), not all dismissals are lawful.

It is therefore crucial to determine why you've been fired. If any of the following occurs, your dismissal may not be justifiable. The following restrictions apply to Ontario only. Provincial laws vary:

- Dismissal is based on a prohibited ground under the Ontario Human Rights Code, such as disability, age, sex or sexual orientation.
- Dismissal follows a complaint of harassment or violence in the workplace.
- Dismissal follows a complaint under the Employment Standards Act, 2000 (ESA) including payment of wages and overtime pay.
- Dismissal occurs during leaves of absence such as pregnancy leave and emergency leave, or immediately thereafter.

If your dismissal is based on any of the above, remember that any legal remedy you have may carry a time limitation, so it is best that you consult with legal counsel or start the appropriate process as soon as possible.

Entitlement to termination pay

Your employment may come to an end for "just cause" or "without cause."

If you've been fired for just cause, the employer has ended the relationship for a particular reason such as theft, illegal activity, excessive lying, workplace violence or other inappropriate behaviour. In this circumstance, you're not entitled to any payment as a result of your termination. These terminations are often contentious. It is important to seek legal advice if this is the basis of your termination, as you may have been wrongfully dismissed.

If you've been fired without cause, the employment relationship has been terminated but not necessarily as a result of your actions. This is often the case where the employer is downsizing or where the relationship just isn't a good fit. In Ontario, in this case you have minimum entitlements under the Employment Standards Act, 2000 (ESA).

There is an entitlement to notice (or pay in lieu), which is based on your length of service (one week per year of service), and is currently capped at eight weeks' compensation.

In some circumstances, you may also have a right to statutory severance pay once you've worked for more than five years.

If your employment contract does not restrict your entitlements to these minimum standards, you may wish to negotiate for a more generous termination package that considers your length of service, your age, the nature of your position and the availability of comparable alternative employment.

On top of notice or pay in lieu of notice, you are also entitled to benefits for at least your minimum notice period under the ESA, so you should ensure that this is a part of your termination package. If you have received less than what you are entitled to, you may also have been wrongfully dismissed.

Duty to mitigate

While you have certain entitlements upon termination, you also have obligations, one of which is the duty to mitigate your losses by looking for suitable alternate employment.

Your termination package may address this duty but even if it is silent, you should be aware of your legal duty to limit the financial losses associated with your termination by actively seeking out employment opportunities.

This duty may also include accepting re-employment with your previous employer, as long as it is reasonable to return to that workplace.

DISCLAIMER: THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE.

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The Twitter tirade

While this is an emotionally charged time, voicing your frustration with your previous employer on social media may not be in your best interests.

- In fact, as a recently dismissed employee learned, it may result in a reduction to the settlement award they would have received from their employer. It is important to note that post-termination arrangements are confidential, particularly when dealing with negotiations and settlements.

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NHL

Perry's winning goal beats the overtime buzzer

Corey Perry scored his league-leading eighth game-winning goal of the season with 1.3 seconds on the clock in overtime, giving the Anaheim Ducks a come-from-behind 4-3 victory over the Vancouver Canucks on Sunday night.

The Ducks, off to a franchise-best 31-8-5 start and 17-0-2 at Honda Center, are the only team in the league without a regulation loss at home. Anaheim is also the third NHL team to open a season with a home point streak of 19 or more games, joining San Jose (2008-09) and Philadelphia (1979-80).

THE ASSOCIATED PRESS

NHL

Jones jettisoned upon Quick's return

Martin Jones has been sent back to the minors by the Los Angeles Kings despite the goalie's record-tying start to his NHL career.

The Kings made the move Sunday, a day after Jonathan Quick returned to the lineup.

Jones matched Bob Froese's record when he won his first eight NHL starts last month for the Kings, who recalled him from their AHL affiliate in Manchester to back up Ben Scrivens during Quick's 24-game injury absence.

THE ASSOCIATED PRESS

Martin Jones GETTY IMAGES

Canadian players, from left, Anthony Mantha, Zach Fucale and Charles Hudon react after losing 2-1 to Russia in the bronze-medal game at the world junior hockey championship on Sunday in Malmo, Sweden. FRANK GUNN/THE CANADIAN PRESS

Canada runs into Russian roadblock

World juniors. Canucks lose bronze-medal game to finish fourth for second straight year

There is hope for next year's team, but that didn't make it easier for the Canadian players that left the world junior championship without a medal for a second year in a row.

A bid for a first gold medal in five years had died with a 5-1 loss to Finland in the semi-finals, and a 2-1 loss to Russia in the bronze-medal game on Sunday left captain Scott Laughton and his teammates in a gloomy mood.

"When you put on this crest and try to represent your country and can't even bring a medal back to Canada to the people who've been cheering for you, and have 4,000 fans come down here, it's heartbreaking," said Laughton.

Mikhail Grigorenko got a lucky goal off Mathew Dumba's skate and Eduard Gimatov wired a shot to the top corner in the first period, but Canada could only answer with defenceman Josh Morrissey's first of the tournament midway through the third period against sharp Russian goalie Andrei Vasilevski.

It was the second year in a row Canada lost a bronze-medal game to Russia after a 6-5 setback last year. And it marked the first time Canada has gone without a medal at this event in consecutive years since it happened three years in a row from 1979 to 1981.

The support was there from the start from hundreds of red-and-white clad Canadian fans who went to Sweden to cheer on a team that turned out to be too young, too unlucky and perhaps not talented enough to win this year's tournament.

Canada brought its second youngest team ever to Malmo — only the team that was disqualified in 1987 for a brawl with the Soviets was younger.

THE CANADIAN PRESS

No excuses

"Age is irrelevant because it is the best we had in our country. It's just the way it's set up."

Brent Sutter, head coach of Team Canada

Canada wins luge silver ahead of Olympics

Canada continued to push towards its first Olympic luge medal, winning silver in the team relay at a World Cup event Sunday.

Sam Edney, Alex Gough and Justin Snith, all from Calgary, and Tristan Walker of Cochrane, Alta., joined forces to win silver in two minutes 44.499 seconds.

"We had a race full of little mistakes from all three sleds including Sam bumping the wall off the start. Having made mistakes, and to still finish second, shows the class these three sleds are sliding in right now," said Canada head coach Wolfgang Staudinger. "It was another great day and we are happy with how things are going."

Germany finished on top at 2:42.781, while Italy took bronze in 2:44.681.

It was the third silver for the Canadian foursome in the team relay this year.

"It gets tighter and tighter every week and less room for mistakes," said Staudinger. "Nothing is a guarantee in this race. Can very easily be standing in fourth and not very happy. That's what makes this event so exciting. With three sleds there is lots of room for error, but our results show we are definitely in the game."

THE CANADIAN PRESS

Competition breakdown

The team competition consists of one female sled, one male sled and one doubles team sled. Each athlete completes one run for a combined final time.

- The event will make its Olympic debut next month in Sochi.

Alex Gough GETTY IMAGES FILE

4 SPORTS

Tennis

Hewitt snaps title drought with win over Federer

Lleyton Hewitt won a title for the first time since 2010 with a 6-1, 4-6, 6-3 upset win at the Brisbane International over Roger Federer, his longest-standing rival on tour.

THE ASSOCIATED PRESS

FA Cup

Man U and West Ham eliminated in third round

Manchester United and West Ham paid a big price for fielding heavily weakened teams in the FA Cup when they were knocked out in the third round on Sunday, while Chelsea and Liverpool advanced relatively comfortably.

Swansea capitalized on the 80th-minute sending-off of substitute Fabio Da Silva by scoring in the last minute through Wilfried Bony in a 2-1 win at United.

Like United, West Ham used a lineup full of reserves ahead of its League Cup semifinal against Manchester City on Wednesday, losing 5-0 at second-tier Nottingham Forest in the third round's biggest shock.

THE ASSOCIATED PRESS

Nottingham Forest's Andy Reid celebrates scoring against West Ham on Sunday. THE ASSOCIATED PRESS

NCAA basketball

Jayhawks come up short vs. Aztecs

Xavier Thames scored 16 points and No. 21 San Diego State held on to beat No. 16 Kansas 61-57 on Sunday, ending the Jayhawks' 68-game non-conference winning streak at Allen Fieldhouse. Andrew Wiggins scored 14 points for Kansas. THE ASSOCIATED PRESS

'It wasn't surreal'

"You're able to go home ... turn the TV on and find out that it did happen. It is real."

Indianapolis Colts coach Chuck Pagano after Saturday's shocking turnaround from a 38-10 second-half deficit to a 45-44 win over the Kansas City Chiefs.

Niners force Packers to pack it up for off-season

NFL. Dawson kicks FG as time expires and San Fran wins frigid wild-card game in Wisconsin

Under pressure in sub-zero weather, Colin Kaepernick kept his cool.

Facing a blitz on third-and-eight, the elusive San Francisco 49ers quarterback scrambled 11 yards out of trouble to set up Phil Dawson's 33-yard field goal as time expired for a 23-20 win Sunday over the Green Bay Packers in a NFC wild-card game.

Doesn't matter where or when — the 49ers keep figuring out how to beat Green Bay.

"Didn't think we were going to pull it out, did you?" coach Jim Harbaugh said.

When it's Kaepernick and the 49ers facing the Packers, the game is never over. Even in the meat locker that was Lambeau Field.

No sweat for Kaepernick. He went sleeveless, and didn't wear gloves.

"I've played in cold-weather games before," he said. "I feel like it's more mental than anything."

San Francisco plays at Carolina next Sunday in the divisional round.

Kaepernick threw for 227 yards, including a 28-yard TD pass to Vernon Davis, and ran for another 98, while Michael Crabtree had eight catches for 125 yards for San Francisco.

In a back-and-forth fourth quarter, the 49ers threw the final punch. Kaepernick escaped a blitz to get to the 27 with 1:13 left.

"Just trying to figure out a way to get that first down," Kaepernick said. "Had a play called, we didn't get the look that we wanted. It worked out for us."

Dawson nailed the winning kick five plays later — but only after nearly being blocked by edge rusher Davon House.

THE ASSOCIATED PRESS

Colin Kaepernick runs the ball against the Green Bay Packers during the 49ers' NFC wild-card win at Lambeau Field on Sunday. JONATHAN DANIEL/GETTY IMAGES

Chargers-Bengals

Rivers pours water on Bengals' hopes

Philip Rivers' gloved hands found the right touch in the January cold.

The Bengals? Still can't do anything right when it's playoff time.

San Diego took advantage of Andy Dalton's three turnovers in the second half on Sunday, pulling away to a 27-10 victory that extended the Bengals' stretch of playoff misery to 23 years and counting.

With Rivers making accurate throws in the chilling rain, the Chargers (10-7) won their fifth in a row, beating the last team that had knocked them off. They'll play next Sunday in Denver, which has the AFC's top seed.

It was a shocking finish for the Bengals (11-6), who won the AFC North, went unbeaten at home and had their top-ranked defence for the playoffs. With everything in their favour, they fell apart, getting outscored 20-0 in the second half.

THE ASSOCIATED PRESS

Raptors' winning streak melts on Heat check

DeMar DeRozan of the Raptors shoots over the Heat's Chris Andersen on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

LeBron James scored 30 points, Michael Beasley came off the bench to add 17 and the Miami Heat held on down the stretch to beat the Toronto Raptors 102-97 Sunday night.

Dwyane Wade scored 14 points and Chris Bosh grabbed 11 rebounds for the Heat, who successfully overcame a deficit entering the fourth quarter for the seventh time in 13 tries. Miami was down by five entering the fourth, then opened the final period with a 7-0 run and never trailed again.

DeMar DeRozan scored 26 points on 11-for-19 shooting for Toronto, which was bidding for its first six-game winning streak since April 2007. Amir Johnson and Jonas Valanciunas each scored 17 for the Raptors, who also got 14 from Kyle Lowry.

On Sunday

Heat	Raptors
102	97

Toronto had a slew of late chances. Johnson could have given the Raptors the lead with 25 seconds left, but his four-footer contested by Bosh bounced off the rim. And Lowry's three-pointer with Toronto down by three with six seconds left also bounced off the iron, with James corralling that rebound and sealing the win with a pair of free throws with 4.1 seconds left.

Bosh shot just 2-for-9, but his hook in the lane with 8:57 left put the Heat on top 86-84 and capped the flurry that opened the fourth.

Miami announced early in the third quarter that Mario Chalmers would not return because of tendinitis in his right Achilles, though he played 15 minutes in the first half. Without Chalmers, Roger Mason Jr. got five minutes of second-half playing time for the Heat. Unless the Heat decide to part ways beforehand, Mason Jr.'s contract becomes guaranteed for the remainder of the season on Tuesday. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What you gain over the coming week will more than make up for what you have lost, so be of good cheer. Sometimes something has to go out of your life before something new can come in.

♉ Taurus
April 21 - May 21
A relationship that has fallen into a rut can be spiced up again but it won't happen if you keep looking back to the past.

♊ Gemini
May 22 - June 21
It will pay you to not be quite so open about what you are doing and why. You don't have to be dishonest but you do have to keep information that could be useful to rivals.

♋ Cancer
June 22 - July 23
You are about to make a vital decision, one that could change the course of your life. It may not be the change itself that worries you so much as how others will react. Don't worry, they'll get used to it.

♌ Leo
July 24 - Aug. 23
There may be tension in the air over the next few days and it may linger until Mercury changes signs next weekend. It won't cause you any major problems but try not to snap at people for no reason.

♍ Virgo
Aug. 24 - Sept. 23
Some may find it hard to believe you are in touch with your emotions and that's good because if you rely entirely on your rational mind today you could miss out. Let your heart rule your head.

♎ Libra
Sept. 24 - Oct. 23
You may think that you can do as you please and get away with it but the planets warn if you go too far today you could create a backlash that is tough to contain. Play it safe.

♏ Scorpio
Oct. 24 - Nov. 22
The choices you make over the next few days will have a major impact on the direction your life takes over the next few months, so make them wisely.

♐ Sagittarius
Nov. 23 - Dec. 21
There may have been some confusion of late but you should find it easy to set the record straight today. If your remarks have been taken out of context make sure everyone knows it.

♑ Capricorn
Dec. 22 - Jan. 20
It is important that you tell the truth today, even if by doing so you cause yourself, and maybe others, a certain amount of grief.

♒ Aquarius
Jan. 21 - Feb. 19
You tend to fear the worst at this time of year, so don't be surprised if you find yourself a bit hesitant as the new week begins. The good news is that come the weekend you'll be your old self again.

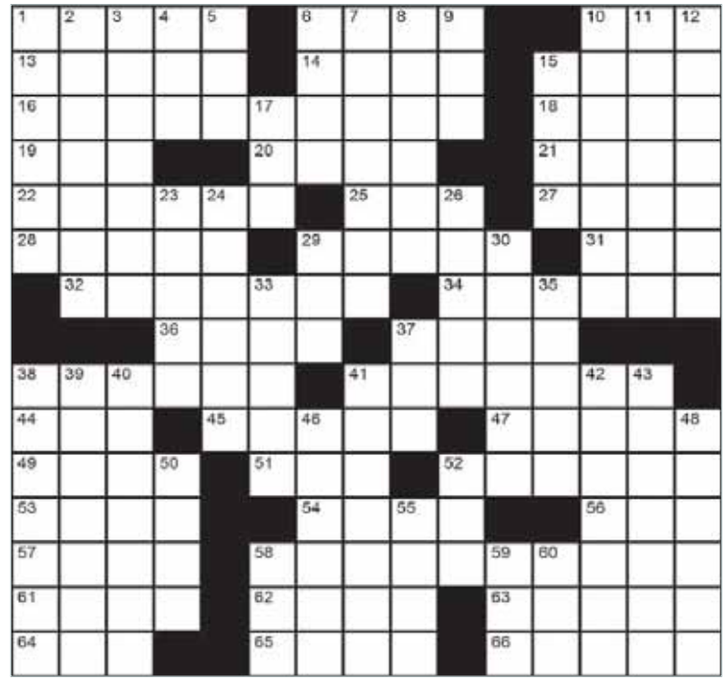
♓ Pisces
Feb. 20 - March 20
An important arrangement may have to be changed late today but don't get angry because it will work in your favour. Strange as it may seem but your friends really do know what is best for you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



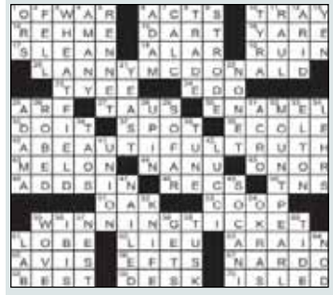
Across

1. Talk show host Mr. Smiley
6. Wile E. Coyote's supplier
10. Low-__ (Dieter's choice)
13. Excursus
14. Bok __ (Vegetable)
15. Healthy, in Spain
16. Medical drama on CTV: 2 wds.
18. Play interlude, __'acte
19. Greek alphabet's 7th letter
20. Sales jobs, commonly
21. Ms. Falco
22. Empathize
25. Play on words
27. Metal band, Quiet __
28. When doubled, Barbra Streisand's 'married lady' song from film Funny Girl
29. Half-hearted
31. Behave
32. __ Station, Nova Scotia
34. "I'm Gonna __ Good!" by Shania Twain
36. City of Spain
37. Ms. Remini
38. Pinned-at 'toy', __ doll
41. Fuel-finding drills: 2 wds.
44. Sovereignly sort, shortly
45. Preps teeth for fillings
47. Thanks: French
49. Comfy
51. Pre-1947 British rule in India
52. Don't yield from a stance: 2 wds.
53. Scrabble piece
54. 'Smart' suffix
56. Feline's fluff
57. "As if!": 2 wds.
58. Posh neighbourhood of Ottawa, __ Park
61. "Young __" (1988)
62. Intro-to-drawing class, __ _
63. The States = _ _ __ _
64. Cornerstone abbr.
65. "Excuse me..."
66. Retro record

Down

1. Policing weapons
2. Together, sports-style: 3 wds.
3. Baroque composer nicknamed 'The Red Priest'
4. Forest's Oscar-winning role
5. John McCain, e.g.
6. Yearn
7. Food Network culinary competition series, "__ Canada"
8. Cleans the floor's mess: 2 wds.
9. Middle
10. City on the South Shore near the Island of Montreal
11. Capital city of ancient Syria
12. Country star Ms. Lynn
15. Clairvoyant
17. Athens' country, to the IOC
23. Had a cold
24. Non-stick coating in cookware
26. Mr. Bruce who played Dr. Watson in Sherlock Holmes films
29. __-la-la!
30. "Goodness gracious...": 2 wds.
33. Smell
35. Burglar
37. Fleur-de-__ [var. sp.]
38. Trace of something
39. Author's anthology
40. Luxurious
41. Items and things
42. Canadian Forces helicopter, CH-146 __
43. Like a pre-grooming dog
46. Houses for lords
48. Jennifer Lopez hit: 2 wds.
50. Acquires
52. Grad letters
55. Comedian's play-like routine
58. Knock the door
59. Adore, informally
60. "It __ _." (Fancy response to "Who's there?")

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9		5		6		2	
2			7		9			1
	4			3			8	
		2				8		
3	7						5	4
		5				7		
	2			6			3	
1			2		5			8
	5		3		4		9	

Friday's Sudoku

1	2	3	9	5	6	8	4	7
5	8	9	7	1	4	2	3	6
7	4	6	3	8	2	9	5	1
3	5	7	1	9	8	6	2	4
9	1	4	6	2	7	5	8	3
2	6	8	4	3	5	7	1	9
6	7	2	8	4	1	3	9	5
8	9	1	5	6	3	4	7	2
4	3	5	2	7	9	1	6	8

Weather

TODAY	TUESDAY	WEDNESDAY
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Westhills Towne Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

4825 Macleod Trail SW

6039 Centre St. S

Southeast

Deerfoot Meadows

Shepard Centre

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3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

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Okotoks

31 Southridge Dr.

118 Elizabeth St.

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